

Effect of Nadishodhan Pranayama and Bhastrika Pranayama Training on Psychological Variables Anxiety & Self - Confidence of Agriculture School Students

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Abstract

The purpose of this study was to examine the Effect of Nadishodhan Pranayama and Bhastrika Pranayama Training on Psychological Variables Anxiety & Self Confidence of Agriculture school students.

For this research, the students of Polytechnic in Agriculture, Bharuch and Waghai campus run by Navsari Agricultural University were selected as subjects. As per the rules of Gujarat State Agriculture University and Navsari Agriculture University Polytechnic College of Agriculture is nomenclature as Agriculture School. For this research, the subjects of the 16 to 20 years of age were selected. For this research studies keeping in view the objective, total 90 subjects were selected and were equally divided into three groups of 30 each. Group A of 30 subjects for Nadishodhan Pranayam Training, Group B of 30 subjects for Bhastrika Pranayam Training and Group C of 30 subjects treated as a control group for the study. Six (6) weeks of training was imparted for various selected subjects.

Keywords: *Nadishodhan & Bhastrika Pranayama, Anxiety & Self Confidence*

Introduction :

Tasmin sati svasaprasvasayor-gativicchedah pranayamah—“Regulation of breath or the control of Prana is the stoppage of inhalation and exhalation, which follows after securing that steadiness of posture or seat.”

This is the definition of Pranayama in the Yoga-sutras of Patanjali.

‘Svasa’ means inspiratory breath. ‘Prasvasa’ means expiratory breath. You can take up the practice of Pranayama after you have gained steadiness in your Asana (seat). If you can sit for 3 hour in one Asana, continuously at one stretch, you have gained mastery over the Asana. If you are able to sit from half to one hour even, you can take up the practice of Pranayama. You can hardly make any spiritual progress without the practice of Pranayama.

Prana is Vyashti, when the individual is concerned. The sum total of the cosmic energy or cosmic Prana is Hiranyagarbha who is known as the floating ‘Golden-Egg’. Hiranyagarbha is Samashti Prana. One match stick is Vyashti (single). The whole match box is Samashti. A single mango-tree is Vyashti. The whole mango grove is Samashti. The energy in the body is Prana. By controlling the motion of the lungs or respiratory organs, we can control the Prana that is vibrating inside. By control of Prana, the mind can be easily controlled, because the mind is fastened to the Prana, like the bird to the string. Just as the bird that is tied to a post by a string, after flying here and there, finds its resting place in the post, so also this mind-bird after running hither and thither, in various sensual objects, finds its resting place during deep sleep in the Prana.

Anxiety is the most wide spread distortion. In any form, anxiety is existed in the root of health. We can know the cause of normal anxiety. For example, if the answers are not written satisfactory in question papers and there is possibility of failure in exams, being anxious is obviously natural. When we are lost or trapped in a jungle, we became anxious of facing wild animals. Human practices are not too easy. At every moment, any type of anxiety occurs. The modern age is the era of anxiety. No any person is free from stress and struggle. It is natural to be anxious in any dangerous situation. Normal anxiety is due to any normal reason. When the reason is removed, the individual becomes free from such anxiety. But abnormal anxiety is different from such type of anxiety. Whether the reason is or not, anxiety is seen in mind on any incident and individual cannot free from it though he wishes and tries a lot.

A person free from any stress of anxiety is hardly seen in this 21st century. People's days and night pass in running from morning and evening and thinking over the works of the next day at night. The anxiety increases day by day. Male or female, young or old, educated or illiterate, everyone feels this state of affair. The farmer is anxious about raining in time. The industrialist is about the government's changing policies.

Self-confidence is the confidence that one has in one's knowledge, and one's abilities. It is the confidence of the type: "I can do this". "I have the ability to do this". Self-confidence is much more important than many other abilities and traits. Self-confidence is essentially an attitude which allows having a positive and realistic perception of abilities. It is an attribute of perceived self. Self-confidence refers to a person's perceived ability, to take situations successfully without leaning on others and to have a positive self-evaluation (Breckenridge and Vincent, 1965). Self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right.

Statement of Problem:

The purpose of this study was to examine the Effect of Nadishodhan Pranayama and Bhastrika Pranayama Training on Psychological Variables Anxiety & Self Confidence of Agriculture school students.

Selection of Subjects:

For this research, the students of Polytechnic in Agriculture, Bharuch and Waghai campus run by Navsari Agricultural University were selected as subjects. As per the rules of Gujarat State Agriculture University and Navsari Agriculture University Polytechnic College of Agriculture is nomenclature as Agriculture School. For this research, the subjects of the 16 to 20 years of age were selected. For this research studies keeping in view the objective, total 90 subjects were selected and were equally divided into three groups of 30 each. Group A of 30 subjects for Nadishodhan Pranayam Training, Group B of 30 subjects for Bhastrika Pranayam Training and Group C of 30 subjects treated as a control group for the study. Six (6) weeks of training was imparted for various selected subjects.

Criterion Measures:

Sr. No.	Name of Variable	Questioner/Test Used	Unit
2.	Anxiety	HAM – A	Score
3.	Self Confidence	Agnihotri's Self Confidence Inventory (ASCI)	Score

Design of the Study:

For the purpose of this study, two experimental group and one control group pre and post test design was used.

Statistical Technique for Analysis of Data:

For the analysis of collected data, Analysis of Co-Variance (ANCOVA). LSD was used as post hoc test to compare the means of various altitude. The level of significance was set at 0.05.

Result of the Study:

Table – 1
Analysis of covariance for the two experimental groups and the control group in Anxiety

Group	Group			ANOVA, ANCOVA TABLE			
	A	B	C	SS	df	MSS	F
Pre-Test Mean	12.4	11.7	12.022	10.141	2	5.070	0.618
				712.823	87	8.193	
Post-Test Mean	14.512	13.723	12.6	45.120	2	22.56	3.209*
				611.530	87	7.029	
Adjusted Mean	14.164	14.028	12.842	29.812	2	14.906	7.695*
				166.64	86	1.937	

*Significant at 0.05 level $F_{.05}(2, 87) = 3.101$ & $(2, 86) = 3.102$

The analysis of data in Table – 2 for the two experimental groups and one control group in Anxiety indicates insignificant F -ratio 0.618 for the pre-test means. Thereby indicating insignificant difference in the initial means for the groups. Therefore, the random assignment of the subjects has been successfully completed.

F -ratio for the post test means indicates a value of 3.209, which is significant as it is greater than the tabulated F -value of 3.101 required to be significant at 0.05 level. Thereby indicating significant difference in the post test means of the groups.

F -ratio for the adjusted mean indicates a value of 7.695, which is significant as it is greater than the tabulated F -value of 3.102 required to be significant at 0.05 level. This indicates that there is significant difference from pre to post means among the groups in Anxiety.

The paired adjusted final means following the post-hoc analysis and the differences between the means among the two experimental groups and one control groups are shown in Table – 3.

Table – 2
Pairwise comparison by LSD Post Hoc Test for Anxiety of Two Experimental groups and one control group

Mean			MD	CD
A	B	C		
14.164	14.028		0.136	0.720
14.164		12.842	1.322*	
	14.028	12.842	1.186*	

*Significant at 0.05 level $F_{.05}$

Table – 2 of difference between the paired adjusted final means of Anxiety among the two experimental groups and the control group indicates significant differences for both of the experimental groups when compared with the control group. However, the differences among any of the experimental groups are insignificant as the mean difference values are lesser than the critical difference value of 0.720

The finding of the study shows that there is significant difference from pre to post means among the two experimental groups and one control groups however there is insignificant difference between the two experimental groups in anxiety. From the finding of the study it has been concluded that the prescribed twelve weeks of Nadisodhan Pranayama Training and Bhastrika Pranayama Training has significant effect on anxiety.

Table – 3

Analysis of covariance for the two experimental groups and the one control group in Self Confidence

Group	Group			ANOVA, ANCOVA TABLE			
	A	B	C	SS	df	MSS	F
Pre-Test Mean	25.837	28.15	26.678	111.656	2	55.828	0.57
				8410.44	87	96.671	
Post-Test Mean	27.2	30.46	27.544	182.833	2	91.416	1.045
				7587.26	87	87.209	
Adjusted Mean	28.339	29.115	27.845	24.651	2	12.325	1.06
				997.878	86	11.603	

*Significant at 0.05 level $F_{.05}(2, 87) = 3.101$ & $(2, 86) = 3.102$

The analysis of data in Table – 4 for the two experimental groups and one control group in self-confidence indicates insignificant F -ratio 0.57 for the pre-test means. Thereby indicating insignificant difference in the initial means for the groups. Therefore, the random assignment of the subjects has been successfully completed.

F -ratio for the post test means indicates a value of 1.045, which is insignificant as it is less than the tabulated F -value of 3.101 required to be significant at 0.05 level. Thereby indicating insignificant difference in the post test means of the groups.

F -ratio for the adjusted mean indicates a value of 1.06, which is insignificant as it is less than the tabulated F -value of 3.102 required to be significant at 0.05 level. This indicates that there is insignificant difference from pre to post means among the groups in self confidence.

The finding of the study shows that there is insignificant difference from pre to post means among the two experimental groups and one control groups in self-confidence. From the finding of the study it has been concluded that the prescribed twelve weeks of Nadisodhan Pranayama Training and Bhastrika Pranayama Training has insignificant effect on self-confidence.

Conclusion

- The finding of the study shows that there is significant difference from pre to post means among the two experimental groups and one control groups however there is insignificant difference between the two experimental groups in anxiety. From the finding of the study it has been concluded that the prescribed twelve weeks of Nadisodhan Pranayama Training and Bhastrika Pranayama Training has significant effect on anxiety.
- The finding of the study shows that there is insignificant difference from pre to post means among the two experimental groups and one control groups in self-confidence. From the finding of the study it has been concluded that the prescribed twelve weeks of Nadisodhan Pranayama Training and Bhastrika Pranayama Training has insignificant effect on self-confidence.

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